

Stay Vigilant Against “Silent” Heart Attacks

Your family doctor can screen you for past events and risk.

Heart attacks aren't always dramatic, visible events. In fact, they can happen with **little or no symptoms**, even as they damage the heart. When these unnoticed events subside, they often leave the heart weakened and susceptible to a future and more serious heart attack.

So-called “**silent**” heart attacks may be even more common than obvious heart attacks. Often they do indeed have symptoms, but these are mild or not the type of signs that most people associate primarily with heart attacks, including nausea, fatigue, weakness, sweating, and dizziness. Patients with diabetes are at greatest risk, in part due to nerve damage that decreases telltale pain signals.

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Because these heart events go unrecognized, they usually go untreated as well, even though the heart is now at **greater risk** for rhythm problems, congestive failure, and sudden, more dangerous cardiac events. Fortunately, a simple EKG test in the doctor's office can usually show if someone has had a previously undetected heart attack.

Learning about a past heart attack can be unsettling, but primary practices such as ours know all the steps to screen for and help prevent **coronary artery disease** — and to care for it, including with knowledgeable cardiac referral.

Dr. Kimmel's office currently accepts new patients, provides weekend and evening hours, and generally offers same-week appointments.

Don't forget seasonal flu shots. They're quick and easy. Call us for a time.

